

RENEW YOUR HEALTH

Optimal Nutrition for Menopause



Dr. Trisha Schimek

FAMILY AND LIFESTYLE MEDICINE



Are you in perimenopause or beyond and...

- You are tired of your expanding waistline?
- You're eating well but still gaining weight?
- You are exercising but can't seem to shed the pounds?
- You have sugar cravings and seem to eat all the carbs in sight?
- You are nervous about your cholesterol levels creeping up?
- You are scared of having to start medications for high blood pressure?
- You just want to get back to feeling as healthy as you did before?
- You have prediabetes and know you need to make some changes?
- You're feeling more irritable or anxious?
- Just can't get a good night's sleep?

I want to assure you that you are not alone and this is not all in your head!

Also, I promise it's possible to boost your energy, enhance mental clarity, shed stubborn weight, and navigate this stage of life gracefully.

Welcome!

Hello! I'm Dr Trisha Schimek and I have a passion for helping women live their healthiest lives, especially through all the changes that occur in perimenopause and beyond.



I am double board certified in Family Medicine and Lifestyle Medicine. I also have additional training in health coaching and personal fitness.

I have over 12 years of experience caring for patients to help them prevent and reverse chronic disease and want to help you do the same.

I can provide you with practical strategies that get you results and motivate you through tough times.

I created this guide to educate you on what is going on in your body during this period of life and provide nutritional tips to improve your health starting today. I promise you that a healthy life is possible and you're absolutely worth it!

Trisha Schimek



Have Questions?

Email: Trisha@healthyfamilydoctor.org

What is Perimenopause?

- Sequence of hormonal changes occurring two to ten years before a woman's last menstrual cycle.
- Characterized by hormonal changes:
 - lower progesterone
 - high and fluctuating estrogen
 - then lower estrogen
- Menstrual irregularities and symptoms associated with decreased estrogen start to occur.

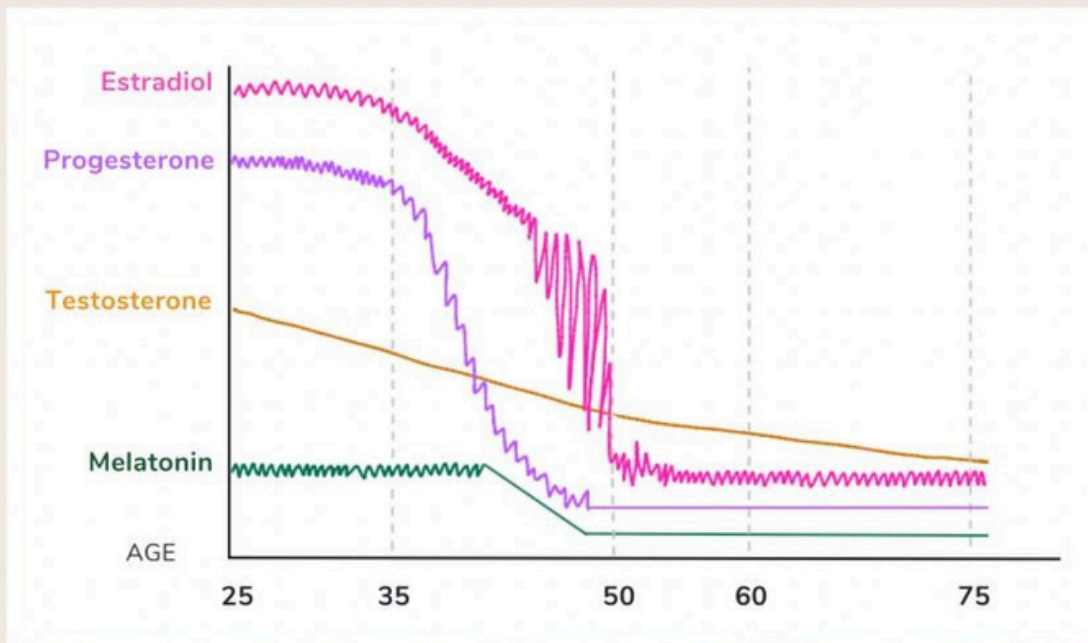
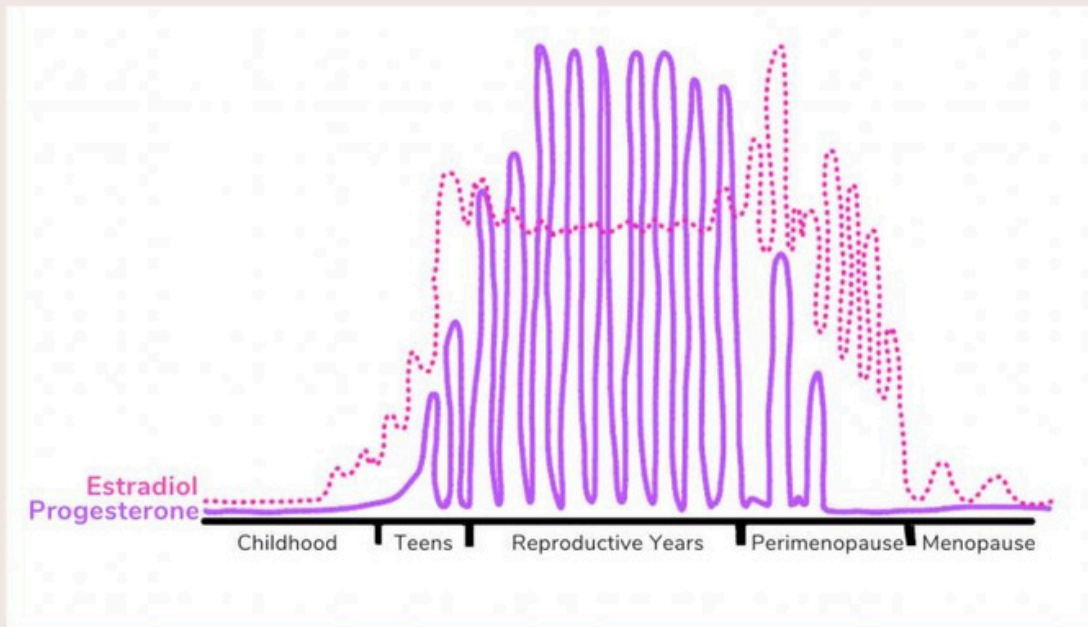
What is Menopause?

- Age-dependent disappearance of menstruation due to depletion of ovarian activity.
- Marks the end of a woman's reproductive ability.
- Diagnosed 12 months after a woman's final menstrual period.
- Decline in estrogen and progesterone.
- Increase in follicle stimulating hormone (FSH) and luteinizing hormone (LH).

A woman's life in hormonal stages^{1,3,5-20}

	Pre-Menopause	Perimenopause	Menopause
Age	Birth through reproductive years	Varies greatly; typically mid-late 30s and early 40s	Average age 51, for most starts between 45-56
Reproductive Hormone Levels (excluding PCOS, endometriosis and on hormonal birth control)	Estrogen and progesterone levels are within normal limits	High and fluctuating estrogen, lower progesterone	Lower estrogen, lower progesterone
Menstrual Cycle	Regular periods	Irregular periods	No period for 12+ consecutive months
Symptoms	No menopause related symptoms	<ul style="list-style-type: none"> • Hot flashes • Night sweats • Weight gain • Decreased libido • Mood changes • Anxiety and depression • Trouble sleeping • Headaches • Bloating • Achy joints and muscles • Poor concentration • Faulty memory • Fatigue • Thinning hair/hair loss 	<ul style="list-style-type: none"> • Same as perimenopause but more intense and more frequent • Increased risk for chronic disease such as osteoporosis, cardiovascular conditions, and cognitive changes

The Hormonal Rollercoaster³



During perimenopause, estrogen levels have gone from a consistent and rhythmic peak and dip to erratically spiking and falling, with a general decline over time. These chaotic spikes and plummets impact how a woman feels and contribute to symptoms such as hot flashes, night sweats, mood swings, headaches, and difficulty concentrating.

The Widespread Effects of Estrogen



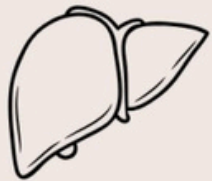
HEART

Protection from cholesterol

Temperature regulation, glucose uptake, libido, mood regulation, and memory/cognition



BRAIN



LIVER

Cholesterol production

BREASTS

Formation of breast tissue and feeding functions



JOINTS/MUSCLES

Bone mineral density, joint lubrication, muscle strength, and flexibility

VAGINA

Lubrication and health and integrity of vaginal tissues



SKIN

Supports collagen production and reduces moisture loss

UTERUS

Monthly preparation for pregnancy or menstrual cycle



Common Symptoms of Menopause

☐

Hot flashes

☐

Trouble sleeping

☐

Night sweats

☐

Headaches and migraines

☐

Anxiety

☐

Difficulty concentrating

☐

Mood swings

☐

Muscle and joint pain

☐

Dizziness

☐

Vaginal dryness

☐

Fatigue

☐

Decreased libido

☐

Irritability

☐

Bladder issues

☐

Weight gain

☐

Irregular menstrual cycle

☐

Hair loss

☐

Dry skin

☐

Insulin resistance

☐

Facial hair

☐

Pain with intercourse

☐

Brittle nails

☐

Breast pain

☐

Heart palpitations

Support your Health in Perimenopause with a Plant Based Diet

A woman's diet impacts the age a woman naturally enters menopause.

A **whole food plant based diet** will

- reduce inflammation
- protect you from disease
- support your mental health
- support your physical fitness and strength

A **whole food plant based diet** that improves symptoms and lowers your risk of disease includes

- Fruits (especially berries)
- Vegetables (especially dark leafy greens and cruciferous vegetables)
- Whole Grains
- Legumes (beans and lentils)
- Nuts
- Omega-3 fatty acids (hemp seed, chia seed, flaxseed, walnuts and seaweed)
- Phytoestrogens (edamame, soy milk, tofu)

Foods to **limit or eliminate** in order to reduce symptoms include

- Processed foods
- Refined carbohydrates- white bread and sugar
- Animal products- meat, chicken, eggs, and dairy
- Saturated fats from fried foods and oils



PLANT-BASED PROTEIN CHECKLIST

SOY-BASED PROTEIN

- ☐ Tofu
- ☐ Soybeans
- ☐ Soy milk or soy yogurt
- ☐ Edamame

LEGUME-BASED PROTEIN

- ☐ Chickpeas
- ☐ Lentils- green, red, yellow
- ☐ Kidney Beans
- ☐ Black Beans

GRAIN-BASED PROTEIN

- ☐ Quinoa
- ☐ Whole Wheat Pasta
- ☐ Wild Rice
- ☐ Buckwheat

NUT AND SEED-BASED PROTEIN

- ☐ Hemp Seeds
- ☐ Almonds
- ☐ Nut Butters
- ☐ Chia seed and Flaxseed

Phytoestrogens explained

WHAT ARE THEY?

Plant-derived compounds with a chemical structure similar to estrogen. They can mimic estrogen's effects, which may be beneficial in managing estrogen imbalances by raising low estrogen levels (during menopause) or helping to lower high estrogen levels (during perimenopause).

WHAT ARE THE BENEFITS OF EATING THEM?

- Reduce menopause-related symptoms like hot flashes, sleep disturbances, and mood fluctuations
- Promotes bone health
- Alleviate heavy menstrual flow
- Support healthy estrogen metabolism
- Decreased risk of disease

FOOD SOURCES HIGH IN PHYTOESTROGENS

- Soybeans
- Flax seeds
- Cruciferous vegetables
- Tofu
- Garlic
- Fruits (apples, pomegranates, peaches, cherries)
- Wheat
- Sprouts
- Celery
- Carrots
- Sweet potatoes
- Rice



A research published by the North American Menopause Society in the journal Menopause, found a **low fat plant-based diet rich with 1/2 cup soybeans daily reduced moderate-to-severe hot flashes by 84%**, from nearly five per day to fewer than one per day.

Increase Plant Based Calcium to Prevent Osteoporosis

Osteoporosis, or thinning of the bones, is not just from inadequate calcium consumption, but also because of calcium loss from:

- Animal Protein- breaks down to amino acids that are neutralized by calcium from your bones and excreted in urine
- Sodium- doubles the calcium excreted by kidneys
- Caffeine- amounts >300mg accelerate bone loss via calcium excreted from the kidneys
- Tobacco- Long-term smokers have 10 percent weaker bones and a 40 percent higher risk of fracture
- Sedentary lifestyle- weakens the bones

Plant Based Calcium sources (mg)

Calcium Goal is 1200mg daily

- Dark Leafy Greens- Collard 226, Turnip 148, Kale 94
- Beans- 100-175
- Tofu-200
- Nondairy Milk- 300
- Fortified Orange Juice- 350
- Dried Figs (10 medium)- 270
- Oatmeal- 215

Supplement with Vitamin D3 1000 IU daily

Going Beyond Nutrition



01



Limit Stimulants and Trigger Food & Drink

- Alcohol
- Spicy foods
- Caffeine
- ultra-processed, high-fat, high-sugar foods

02



Maintain Consistent Meal Times

- Eating regular meals will keep blood sugar levels stable which reduces insulin resistance. Fluctuating and low blood sugar levels can trigger hot flashes, anxiety, and irritability

03



Regular Physical Activity

- Strength and resistance training to reduce muscle loss
- Aerobic exercise for cardiovascular health (walking, cycling, swimming dancing, running)
- Yoga

04



Manage Stress with Mindfulness

Adopting a mindfulness practice will calm the stress response and help you become more present. Some ideas include

- gratitude journaling
- meditation or progressive muscle relaxation
- breath work- rhythmic, deep, or visualized breathing



READY FOR PERSONAL GUIDANCE ON YOUR HEALTH JOURNEY?

Working with Dr Schimek includes

- A comprehensive evaluation of your current health status. She can review and explain the significance of all your labs results
- A personalized lifestyle program that is tailored to fit your specific health goals
- Access to a doctor who is a strong communicator, nonjudgmental, compassionate, knowledgeable, and motivating.

By working together...

- You will learn how to shed those stubborn pounds
- You will start to feel better with fewer or without medications
- You will regain your energy levels
- You will sleep better and improve mental clarity
- Most importantly you will have and feel empowered to follow a healthy lifestyle now and into the future

If you're ready to take action
Email: **Trisha@healthyfamilydoctor.org**